

Spring 2005 Seasonal Message #7:

Finding Your Power Center

When I was studying with Zoila in the Yucatan, I went through a number of very harrowing experiences in order to find the exquisite power and magic of her teachings. Zoila called them ceremonies and initiations. I called them terrifying! But I trust that I have been able to share with you the essence of many of these teachings and that you have come to understand, as I did, their importance in our lives today. For me, this is a life commitment to the study of the sacred, a commitment to living a life of harmony and balance with Mother Earth, with one foot firmly planted in the world of spirit and the other rooted in the world of the physical. Exercising sacred wisdom in your life literally creates the light that revitalizes the earth's life force.

Perhaps one of the most intimidating experiences I have ever had was when Zoila and I trekked through very dense jungle foliage to meet the guardian of la caldera who would "show me the sacred spiral and many aspects of myself." When we arrived at a ledge, which Zoila called the 'east lip of la caldera,' she pointed to an enormous crater in the jungle, a canyon that was so deep I couldn't see the bottom. On my right was a jagged trail, a tiny ledge carved into rock, which spiraled around and around inside of la caldera, down to the center. Over my terrified and tear-filled protests, Zoila started down the trail, and just before she disappeared out of sight I knew that I had no choice but to follow her. I had gone there to learn something from her, and, like it or not, I had to trust her.

As we made the treacherous descent, it was as if all my concepts of self had exploded in my head, leaving me with only my will power to help me survive. My mind and its fear were useless on this precarious pathway. I was battling with my conception of who I was and what I could do. Knowing I couldn't do it, I did it anyway. As we slowly traversed around and down, I became more sure of myself, letting go of my first level of terror. As we went further, other, deeper levels of terror became released, until an ecstatic feeling flooded through my being.

Just as I had gained some confidence, we came to a sheer cliff where the trail had crumbled away, leaving a four-foot gap to the other side, where the path began again. Zoila leapt easily across. But this time I knew I couldn't do it, I could not make the leap across a four-foot gap on a sheer cliff.

"Then we part," Zoila said. "Good luck on your climb back up. It's about to rain, and it will be more slippery."

When we finally arrived at the canyon floor, at the bottom of the spiraling trail, I stepped into quicksand, and the more I struggled against it the deeper I sank.

I do not tell you of my experiences to be entertaining, although as a writer and a teacher I hope that people will find my writing to be enjoyable as well as illuminating. I tell you of my own experiences because in so many ways they are like the things that we all go through in our everyday lives - the loss of a job and perhaps our only income, moving to a new location where we know no one to start a new job for which we are not really sure we are qualified; the loss of a loved one, through anger or geographical change or even death; surviving the loss of a home, even if we have never gone through this experience most of us make sure that the one bill we pay every month is the rent/mortgage; even facing the prospects of success beyond our greatest hopes.

The words of my teachers as they have watched me go through my trials carry so much wisdom, and have universal application. We are all in this life together. The first lesson of power is that we are all alone. The final lesson of power is that we are all one. And I hope that by reading about what I have gone through and sharing in the incredible wisdom and insight of these amazing native women, watching sacred spirit move through them to help me on my path toward enlightenment, you will see the parallels to your own life experiences and become able to use these teachings in your own process of healing and enlightenment.

As I stood there on the canyon floor, mired in quicksand and sinking even deeper with every breath I took, Zoila said to me, "You're stuck because you think too much. You think your knowledge is going to get you out of the mess you're in. You believe you're going to master the situation with your mind. You have left yourself. You don't listen to your will, and you are full of fear. Your clinging mind has brought you to this sad state".

"We have trouble finding our way back to the center of the spiral because we have enthroned the mind. As long as the mind is the ruler, you will spend your life stuck in a swamp just as you are now. You are full of addictions that will strangle you, just as the quicksand will if you let them dominate". The joke is that these addictions prop you up in a false way, just like the mud with no bottom is propping you up. The very sands that are destroying you make you feel safe for a while. Then they begin to suck you under to interminable sleep. "Ponder the lesson of life. We come here to go back to where we came from. But our mind tells us that we need props to survive. We believe the king we have enthroned. We obey him and choose intoxicating props such as fear of success or fear of failure or fear of death. Or we don't think we're good enough".

"You didn't feel you were good enough when you were at the top of the canyon," Zoila said to me. "You had to be pushed beyond your king's limits to see that your self-concept was an illusion. That's the addiction you had, and it kept you from walking down toward your own mystery, your enlightenment. If one addiction doesn't work, you find a new one. You were afraid to jump over the abyss, but you finally did it. You overcame your self-imposed limits. When the spirits of la caldera offered you a treasure, you could not avail yourself of it because you didn't feel worthy of such riches. And then you slipped and hurt your back because you're afraid to take your power. You backed away from power, your own power. It sounds simple. You lost your faith in your own capacity".

"And then you punish yourself even more. That's King Brain talking, incessantly talking. You're too hard on yourself. That's a big addiction for many women. King Brain likes to rack you, doesn't he? Your fear of desertion is one of his big whips. Your need for approval. All these addictions leak your power right out of you and make you slumber".

"You are lucky you have experienced these ordeals, these lessons, for new wisdom is afoot. Be proud of yourself and what you've accomplished. Cease your struggling now. You have ambushed yourself. Sometimes a guide is helpful."

"There's a trick to walking on this quicksand. But it is nothing that can be put into words. It can be realized only in the heart and in the total being."

I hope that together we will have a long and prosperous walk on this beautiful path of heart.

In Love and Spirit,

Lynn Andrews

Earth is a female planet, and people have celebrated and revered Mother Earth and the great goddesses for many millenniums. But what is the face of woman on this planet? To discover and understand this, we must go an ancient initiation ceremony deep in the jungles of the Mayan Yucatan and study La Ultima Madre. In my Mystery School, the Lynn Andrews Center for Sacred Arts and Training, we delve deeply into these teachings and the impact that these Mother energies have on all of our lives, and how we can work with them as we move towards harmony, fulfillment and higher consciousness. I hope that I have given you enough of a sense of the Mother energies in this series of Seasonal Messages to help you understand the importance they carry in our world. It is my greatest wish that one day very soon all of you will be able to join me in the Mystery School so that together we can traverse the temples and gardens of ancient, contemporary and future wisdom on our path towards enlightenment.

To find out about early registration for the 2006 LACSAT school year, please contact Judy Pollock, my enrollment manager, at 760-251-0389.

In love and spirit. Namaste,
Lynn Andrews